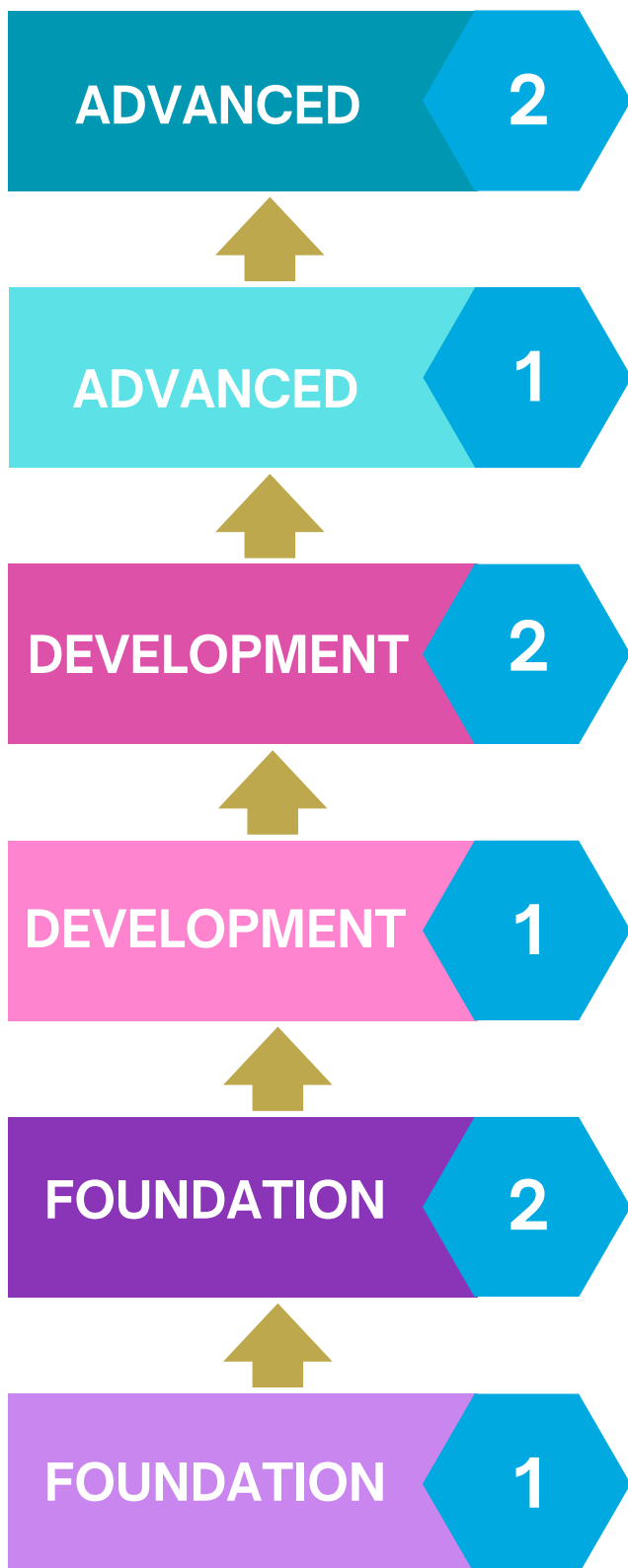


CaliExams Program Framework

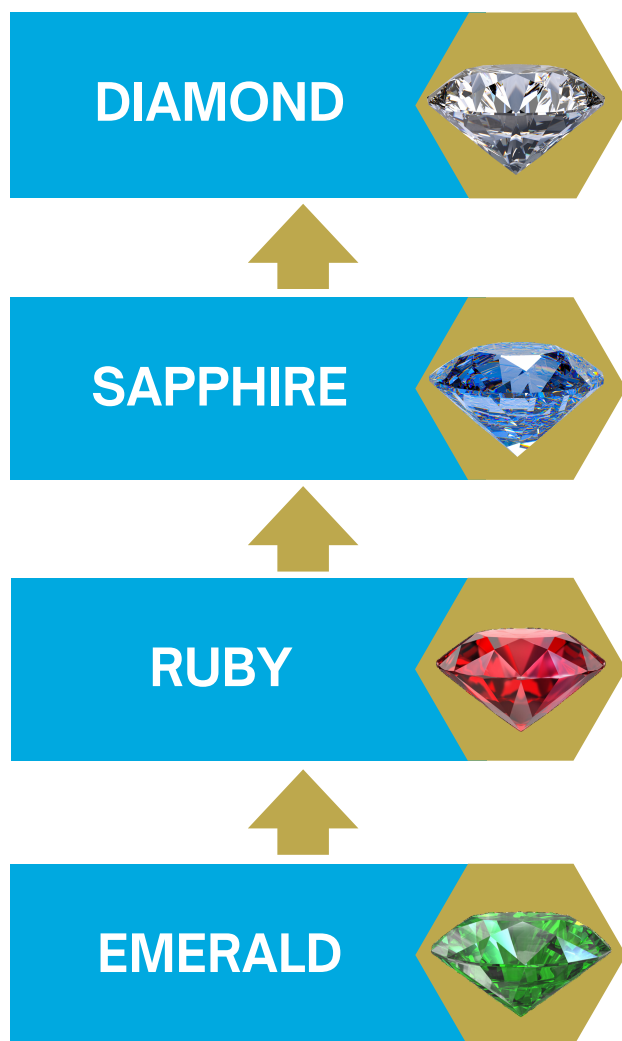
Overview

The CaliExams Program is designed for performers who wish to focus on their personal skill development and further their calisthenics technique. The program has been designed to suit all levels of performers and provides the ability for performers to challenge themselves and strive for continued development and excellence.

Standard Stream



Elite Stream



CaliExams Program Framework

Standard Stream

FOUNDATION

1

- An exam to be conducted in groups of 3-5
- Coach to be present in exam
- Focus on performers to experience the examination process and to develop technique required to complete basic calisthenics movements.

Exam to include:

- Freearm Routine including two components;
 - Flex movements
 - Strength movements
- Rods Routine
- Aesthetic Routine
- Dance Routine

FOUNDATION

2

- An exam to be conducted in groups of 2-4
- Coach may be present in exam
- Focus on performers developing technique required to complete basic calisthenics movements including March & Clubs

Exam to include:

- March routine
- Freearm Routine including two components;
 - Flex movements
 - Strength movements
- Clubs routine
- Rods Routine
- Aesthetic Routine
- Dance Routine

CaliExams Program Framework

Standard Stream

DEVELOPMENT

1

- An exam to be conducted in groups of 2-4
- No coach to be present in exam
- Focus on performers developing strong technique and skill in all aspects of calisthenics.

Exam to include:

- March Routine
- Freearm Routine including two components;
 - Flex movements
 - Strength movements
- Clubs Routine
- Rods Routine
- Aesthetic Routine
- Dance Routine

DEVELOPMENT

2

- An exam to be conducted in groups of 2-4
- No coach to be present in exam
- Focus on performers developing strong technique and skill in all aspects of calisthenics.

Exam to include:

- March routine
- Freearm Routine including two components;
 - Flex movements
 - Strength movements
- Clubs routine
- Rods Routine
- Aesthetic Routine
- Dance Routine

CaliExams Program Framework

Standard Stream

ADVANCED

1

- An exam to be conducted in groups of 2-4
- No coach to be present in exam
- Focus on performers developing strong technique and skill in all aspects of calisthenics with a focus on more advanced skills

Exam to include:

- March routine
- Freearm Routine including two components;
 - Flex movements
 - Strength movements
- Clubs routine
- Rods Routine
- Aesthetic Routine
- Dance Routine including two components:
 - Jumps
 - Turns

ADVANCED

2

- An exam to be conducted in groups of 2-4
- No coach to be present in exam
- Focus on performers developing strong technique and skill in all aspects of calisthenics with a focus on more advanced skills

Exam to include:

- March routine
- Freearm Routine including two components;
 - Flex movements
 - Strength movements
- Clubs routine
- Rods Routine
- Aesthetic Routine
- Dance Routine including two components:
 - Jumps
 - Turns

CaliExams Program Framework

Elite Stream

Part One - Exam

- An exam to be conducted in groups of 1-2
- Focus would be to extend performers skill and technique in performance based exam

Exam would include:

- March routine
- Freearm Routine including two components;
 - Flex movements
 - Strength movements
- Clubs routine
- Rods Routine
- Aesthetic Routine
- Dance Routine including two components:
 - Jumps
 - Turns
- Solo Performance - pre-choreographed routine

Part Two - Performance

To be eligible to achieve a platinum bar for that exam level, performers who receive 95% or over in exam will qualify for the performance part of the level, which will include a pre-choreographed routine(s) that would be performed at an exams day in a theatre.



CaliExams Program Framework

Recommended Ages:

The CaliExams program is designed to suit all ages with a guide provided as to the minimum age the performer can be to undertake the exam.

Standard Stream:

Current ACF Skills Levels	New CaliExams Levels and Minimum Age
ACF Tests 1-3	Foundation Exams (1-2) Recommended minimum Age 5+
ACF Grades 1-2	Development Exams (1-2) Recommended minimum Age 7+
ACF Grades 3-4	Advanced Exams (1-2) Minimum Age 9+

Elite Stream:

Current ACF Skills Levels	New CaliExams Levels and Minimum Age
Bronze Medal	Emerald - recommended for elite Juniors+
Silver Medal	Ruby - recommended for elite Inters+
Gold Medal	Sapphire - recommended for elite Seniors
Gold Medal (with Honours)	Diamond - recommended for top level Seniors

Pre-requisites:

There will be no pre-requisites required to participate in the CaliExams program. Performers can enter at any exam level based on discussions and recommendations of coaches and can switch between Streams as they wish based on the individual performers abilities, needs and goals. CaliExams are not required for solo/duo/trio participation.

Enrolment:

Enrolment into an exam will give the performer access to the syllabus, music and practice videos for that specific exam.

DATE	DETAIL
June 2024 exams period	Foundation Exams levels will be available for this exam period
Nov/Dec 2024 exams period	Development & Advanced Exams levels will be available for this exam period
2025	Elite Stream Exams levels will be available